

ONLINE SUPPLEMENTARY HEALTH  
INSTRUCTION: LESSON, ASSESSMENT,  
AND ONLINE EXPLORATION

AN HONORS THESIS  
(HONRS 499)

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## ABSTRACT:

I have been studying to become an elementary teacher at Ball State for the past four years. When thinking of my senior thesis project, I decided to create something that I, as well as other teachers, could use in the classroom. Incorporating technology was important to me because it would give me the opportunity to gain new computer skills needed for working in the public schools in the future. My concentration area of Wellness and Nutrition also was taken into consideration, which led to my choice of creating a series of Health lesson plans on the Internet.

During student teaching, I noticed that with the stress of Math and Reading within the schools, Health sometimes got pushed to the end of the priority list. I created a series of online lesson plans by following chapters from a popular Health textbook at a second grade level. Included in the lessons are the information students need to learn presented in a kid-friendly way with characters and pictures students will enjoy. Links were placed on the website for students to download a worksheet to assess the information they learned. In addition, after students complete the assessment they are provided with links to outside websites to explore and learn more about the topic of each lesson. This project is titled, "Online Supplementary Health Instruction: Lesson, Assessment, and Online Exploration."

## ACKNOWLEDGEMENTS:

I would like to thank those who provided me with help and guidance throughout the production of my thesis.

- Mr. Gary Pavlechko, Ball State Professor, was a great help in picking, planning, and creating my thesis project. His support and connections with others who have aided in this process were vital to the completion of this thesis.
- Jeffrey Guilkey, computer guru, taught me how to use Dreamweaver in order to create this online project. He was a major component of the success of this thesis project.
- Gina Taylor, second grade teacher at Eaton Elementary, was my guinea pig in order to see the strengths, weaknesses, and areas needing growth from a second set of teacher eyes.



## FIT AND HEALTHY

with Miss Smiley's class

Lesson 1: Keep  
clean!

Lesson 2: Take care  
of your skin, eyes,  
and ears!

Lesson 3: Exercise!

Lesson 4: Get lots  
of sleep!

Lesson 5: Choose  
healthy meals and  
drinks!

Lesson 6: Drink  
lots of water!

## Being healthy is important!

There are lots of things you can do to make sure that you stay healthy. Caring for your body, getting lots of exercise, and giving your body food for energy are all very important! Don't you want to grow up tall, strong, and healthy?

### Miss Smiley's class will show you how!

All of Miss Smiley's students have learned a lot about staying healthy, and they want to teach you! Your teacher will tell you which lesson to do. When you're ready to start, click on the words to the left to see what Miss Smiley's class has to say.

### Meet the class!



Aaron



Anna



Carly



Carson



Matt



Tyler



## HEALTHY AND FIT

with Miss Smiley's class

home

### Lesson 1: Keep clean!

Anna and Matt know how to take care of themselves!



Germs may be too tiny to see, but they can make you very sick. By keeping your body, hair, nails, and teeth clean, you help kill germs! See? Anna is brushing her hair and flossing her teeth in order to keep germs away from her hair and mouth. Matt likes to look good, but he knows that combing his hair will help him stay healthy, too!

#### What should YOU do to stay clean and healthy?

- After you blow your nose or sneeze, always wash your hands with antibacterial soap!
- When you use the rest room, wash your hands with soap and water for as long as it takes you to sing your ABC's.
- I know it's fun to play with pets, but animals carry germs too! Always wash your hands after you touch an animal, and NEVER touch wild animals like birds and squirrels.
- Don't forget to wash your hands before you eat.
- Wash your food before you eat it to make sure no germs are on the food.
- Make sure your cups, forks, knives, spoons, plates, and bowls are clean, too. Don't share your silverware with friends, or you might share germs with each other!

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about keeping clean.

[Keeping Clean Handout](#)

Are you done with that handout yet? Once you're finished and you've turned in your handout, try clicking below to get more information about how to keep clean. Some of these links have games you can play! When you're done with one activity hit the back arrow at the tope of the screen to come back to this page.

[Kids Health- Catching a Cold](#)

[Kids Health- Taking Care of Your Skin](#)



Name: \_\_\_\_\_

# Keep Clean!

Circle T if the sentence is true.

Circle F if the sentence is false.

- |  |   |   |
|--|---|---|
| 1. Using antibacterial soap helps fight germs.               | T | F |
| 2. You should wash your hands before you<br>touch an animal. | T | F |
| 3. You should wash your hands after you<br>sneeze.           | T | F |
| 4. Germs are easy to see.                                    | T | F |
| 5. It's OK to share silverware with your<br>friends.         | T | F |

Choose one false sentence from above. Rewrite it to make it a true sentence.

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# FIT AND HEALTHY

with Miss Smiley's class

home

## Lesson 2: Take care of your skin, eyes, and ears!

Have you ever thought about what it would be like to not be able to see? What about if you couldn't hear? Have you ever had a sunburn? It hurts, doesn't it? Taking care of your skin, eyes, and ears is a very important part of staying healthy!



Miss Smiley has taught her class tips on how to keep their skin, eyes, and ears in good shape! Aaron put on sunscreen to block out the sun's rays that might give him a sunburn. Tyler wears his sunglasses when he goes outside for a picnic. When Matt is listening to his music, he makes sure that it's not too loud so his ears stay safe. The twins, Carly and Carson, want to make sure they keep their ears healthy so they can hear each other when they talk on their phones.

### What can YOU do to keep your skin, eyes, and ears in good shape?

- Always wear sunscreen, even when it's cloudy outside. The sun's harmful rays can still come through the clouds and give you a sunburn!
- Never touch or rub your eyes without washing your hands. Germs can get into your eyes, too!
- Wear goggles when you are working with sharp objects or playing some sports.
- Go to the eye doctor to make sure your eyes are working well. Wear glasses if you need help seeing better.

- Never put anything in your ears, and keep your ears clean.
- Keep your ears warm in the winter by wearing ear-muffs or a hat to keep them covered.
- Stay away from loud noises because they can hurt your ears.

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about your skin, eyes, and ears.

[Skin, Eyes, and Ears Handout](#)

Are you done with that handout yet? Once you're finished and you've turned in your handout, try clicking below to get more information about your skin, eyes, and ears. Some of these links have games you can play! When you're done with one activity hit the back arrow at the top of the screen to come back to this page.

[Kids Health- Eye Care](#)

[Kids Health- Ear Care](#)

[Dragonfly- Sunscreen](#)



Name: \_\_\_\_\_

# Skin, Eyes, and Ears!

Circle T if the sentence is true.

Circle F if the sentence is false.

- |  |   |   |
|--|---|---|
| 1. If you don't wear sunscreen, you might get a sunburn.           | T | F |
| 2. The sun's harmful rays cannot get through clouds.               | T | F |
| 3. It's OK to stick things in your ears.                           | T | F |
| 4. You should wear goggles when you're working with sharp objects. | T | F |
| 5. Going to the eye doctor helps to keep your eyes healthy.        | T | F |

Choose one false sentence from above. Rewrite it to make it a true sentence.

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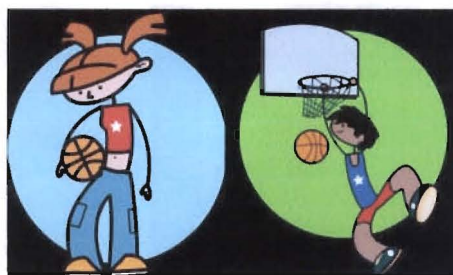
## FIT AND HEALTHY

with Miss Smiley's class

home

### Lesson 3: Exercise!

What do you like to do when you play? Do you like to dance, swim, skate, play soccer, ride your bike, or other activities? These are all forms of exercise. Exercise is when you are using your body to stay active. Miss Smiley's students like to do all sorts of fun activities that keep them fit. Being fit means that you have a lot of energy and you don't get tired easily. It means that your heart, lungs, and muscles are strong.



Look at Anna and Matt. They love to play basketball during recess together. Do you like to play games at recess with your classmates?



After school, Tyler and Carly like to go skating in a nearby park. Tyler enjoys riding on his rollerblades, and Carly like to do tricks on her skateboard. Do these activities sound fun to you?

**How are ways that YOU can make sure you're exercising and staying safe at the same time?**

- Before you start exercising, stretch your muscles. Make sure you stretch your arms and legs. This helps you from getting hurt while you are playing.
- When you first start exercising, start slow to get your muscles warmed up.

- Always wear the right type of clothes. Use kneepads, elbowpads, and a helmet when you're skating or riding a bike. If it's cold outside, buddle up with a coat, hat, and gloves. If it's summer, wear light clothes to make sure you don't get too hot.
- Make sure there is an adult watching if you are playing where there are cars and traffic.
- Stay aware of what your body is telling you. If you start to feel tired, take a break and rest for a while. Stop your activity right away if you start to feel any pain.

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about exercise.

[Exercise Handout](#)

Are you done with that handout yet? Once you're finished and you've turned in your handout, try clicking below to get more information about exercise. Some of these links have games you can play! When you're done with one activity hit the back arrow at the tope of the screen to come back to this page.

[BAM! Physical Activity](#)

[Kids Health- Time to Play](#)

Name: \_\_\_\_\_

# Exercise!

Write the correct words from the box to finish the sentences.

hurt	light	rest	traffic	slow
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1. If it's hot outside, wear \_\_\_\_\_ clothes when you exercise.

2. When you start to feel tired, take a break and \_\_\_\_\_.

3. Start \_\_\_\_\_ when you first start exercising to warm up your muscles.

4. Stretching your muscles helps to keep you from getting \_\_\_\_\_ when you're exercising.

5. Make sure an adult is around if you are playing around \_\_\_\_\_.

What activity do you like to do when you exercise?  
Write a complete sentence.

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## FIT AND HEALTHY

with Miss Smiley's class

home

### Lesson 4: Get lots of sleep!

Why do you think sleep is so important? Think about how you feel when you don't get enough sleep. You probably are tired in school and have trouble focusing on what your teacher is saying. Your body needs sleep to stay healthy. When you sleep, your body works to fight germs and keep you from becoming ill. Also, sleep helps give you energy to run and play the next day!



Even though they sometimes want to stay up late to watch TV, Carson and Anna know that getting enough sleep will help them stay awake in Miss Smiley's class. Miss Smiley has taught them that getting enough sleep is important in order for them to get good grades and have lots of energy for recess. Carson and Anna always feel better in the morning when they've had at least 9 hours of sleep, and if you get that much sleep you'll feel healthy, too!

#### What are ways that YOU can make sure you're getting enough sleep?

- Try to go to bed at the same time each night and wake up at the same time every morning. This way, your body knows when it's time to sleep and when it's time to play.
- Schedule your bedtime so you are getting at least 9 hours of sleep every night. This is how much you need in order for your brain to work at its best!
- If you can't get enough sleep one night, try taking a short nap in the afternoon so your body can catch up on rest.

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about sleep.

[Sleep Handout](#)

Are you done with that handout yet? Once you're finished and you've



turned in your handout, try clicking below to get more information about sleep. Some of these links have games you can play! When you're done with one activity hit the back arrow at the tope of the screen to come back to this page.

[Sleep for Kids](#)

[Kids Health- Sleep Game](#)

Name: \_\_\_\_\_

# Get lots of sleep!

Circle T if the sentence is true.

Circle F if the sentence is false.

- |  |   |   |
|--|---|---|
| 1. Sleep isn't important for staying healthy.  | T | F |
| 2. You only need about 6 hours of sleep every night.                                       | T | F |
| 3. Sleep gives you energy for the next day.  | T | F |
| 4. You can focus better in school when you get enough sleep at night.                      | T | F |
| 5. A nap in the afternoon can help you catch up on rest if you didn't get enough at night. | T | F |

Choose one false sentence from above. Rewrite it to make it a true sentence.

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## FIT AND HEALTHY

with Miss Smiley's class

home

### Lesson 5: Choose healthy meals and snacks!

What snacks do you eat when you get home from school? When you pack your lunch, what choices do you make? Are they healthy choices? In Miss Smiley's class, she talks a lot about making good choices with the foods you eat. You already know that exercise and sleep give you energy, but did you know that food is your main source of energy? If you eat healthy foods, you have a lot of energy. Junk foods, or foods that aren't healthy, don't give you as much energy and don't help you grow and become fit and healthy. Every single part of your body needs food to work, so give your body healthy foods to keep your body working well!



Anna and Carson both have learned to make good food choices. Anna uses the food guide pyramid, and she sees that she needs to eat a lot of fruits and vegetables in order for her body to be healthy. Carson enjoys cooking healthy meals with his parents like spaghetti, and those grains help give Carson energy to play sports after school.

#### What are some ways that YOU can make healthy choices?

- Go to [www.mypyramid.gov](http://www.mypyramid.gov) to find out how many servings of fruits, vegetables, grains, dairy, and meat you need to eat each day.
- Instead of choosing snacks with a lot of calories, fat, or salt (like candy and chips), choose snacks that are healthy, like an apple, carrot sticks, or whole-grain pretzels.
- Make sure that your meals are colorful. The more colors that you have in your meal, the healthier it is! Have lots of bright fruits and vegetables.
- Pay attention to when you feel full, and don't eat anymore when you feel satisfied. Extra food is not good for you, and it can cause you to be unhealthy.

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about healthy meals and snacks.

[Healthy Foods Handout](#)

Are you done with that handout yet? Once you're finished and you've turned in your handout, try clicking below to get more information about how to eat healthy. Some of these links have games you can play! When you're done with one activity hit the back arrow at the tope of the screen to come back to this page.

[My Pyramid- Game](#)

[My Pyramid- Nutrition for Kids](#)

[BAM! Food and Nutrition](#)

Name: \_\_\_\_\_

# Healthy Meals and Snacks!

Write the correct words from the box to finish the sentences.

colors	food	junk	full	energy
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1. Pay close attention to when you feel \_\_\_\_\_ and don't eat more after that.
2. Food is your main source of \_\_\_\_\_.
3. Eat lots of \_\_\_\_\_ of fruits and vegetables.
4. Use the \_\_\_\_\_ guide pyramid to find out how many servings of each food group you need each day.
5. Choose snacks after school that are healthy instead of eating \_\_\_\_\_ food.

List 3 HEALTHY snacks that you like to eat.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# FIT AND HEALTHY

with Miss Smiley's class

home

## Lesson 6: Drink lots of water!

Water is very important for you to stay healthy! Your body uses water for almost everything it does. It helps your body stay at the right temperature so it doesn't get too hot, and it helps break food down and deliver it to different parts of your body.



Carly and Matt always have a glass of water with them! They know that drinking a lot of water during the day helps them to stay healthy. Matt drinks a lot before he plays basketball to keep him from getting too hot.

### How can YOU make sure you're getting enough water every day?

- Drink 6-8 glasses of water every day.
- Another way for you to get enough water is to drink juices and milk because these drinks also contain water. Also, many fruits and vegetables have water in them. After you've had your 6-8 glasses, eating these foods helps you to keep your body healthy.
- If you are exercising a lot, it is important to drink more water. When you exercise, your body loses some of its water when you sweat. It's important to make sure your body always has enough to stay fit and healthy!

Click below to download an activity. When you're done, turn it into your teacher so she can see what you've learned about getting enough water.

[Water Handout](#)

Are you done with that handout yet? Once you're finished and you've turned in your handout, try clicking below to get more information about drinking enough water. Some of these links have games you can play! When you're done with one activity hit the back arrow at the top of the

screen to come back to this page.

[Kids Health- Dehydration](#)

[Kids Health- Why Water?](#)

Name: \_\_\_\_\_

# Drink lots of water!

Write the correct words from the box to finish the sentences.

vegetables	sweat	juice	right	glasses
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1. Water helps your body stay at the \_\_\_\_\_ temperature.
2. Many fruits and \_\_\_\_\_ also have water in them.
3. Your body loses water when you \_\_\_\_\_ during exercise.
4. Drinks like \_\_\_\_\_ and milk also have water in them.
5. Drink 6-8 \_\_\_\_\_ of water every day.

What foods and drinks do you like that have water in them? Make a list.

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## BIBLIOGRAPHY:

Gibbons, C., Middleton, K., Ozias, J. M., & Stockton, C. A. (1999). *Your health* (teacher's ed.). Orlando: Harcourt Brace.

## CONCLUSION:

When my website was completed, I wanted to take it into the education field and hear another opinion of whether it would be useful within the classroom. I took my website to Gina Taylor, second grade teacher at Eaton Elementary, in order to find whether she thought my project would be effective. I asked Gina what she liked about the website and if there were any suggestions she had in order to make the website more effective for her students.

Gina was very impressed with the project. I expressed that potentially I could eventually put the whole Health curriculum in an online format. Also, now that I know how to create lessons online I could apply this knowledge to any subject being taught. She was interested in learning how to make her own online lesson plans.

Gina liked the kid-friendly format and colorful, fun clipart. She noted that it was just the right amount of content for each lesson in order for students to be engaged but not get overwhelmed. The format of the website was easy to follow, and there weren't too many distractions for the students whose main purpose was learning the Health content.

Some suggestions that Gina gave were to put a link on the site to allow students to hear the content being read to them. This would be most effective for students at a lower reading level. Also, she suggested putting more procedures and directions on the website in order for students to stay on task. Lastly, for the links at the bottom of each page, she suggested making an Internet scavenger hunt to give a purpose for the online exploration. This would give students a goal for learning and provide them with specific information to look for in order to share with the rest of the class.

I am glad to have had this experience learning another way to incorporate technology into my classroom in the future. I look forward to sharing this website with other teachers and also teaching them how to create similar projects on their own.